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## THE WORLD'S LARGEST ORGAN DONOR

THERE IS STILL MUCH TO LEARN FROM THIS 100-PLUS-TONNE BLUE WHALE CARCASS THAT FLOATED ONTO THE SHORE OF TROUT RIVER, N.L. **PAGE 14-15**

## About 35 horses slaughtered daily in capital region

Abandoned animals left for dead, unlike other pets, vet claims **PAGE 3**

## Blackhawks putting the D in defending champs

High-scoring squad can keep pucks out of the net too **PAGE 26**

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FREE**

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## PETAL-ING THEIR LOOKS

While official numbers aren't in yet, organizers of the Ottawa Tulip Festival say this year's event attracted record numbers, estimating more than 500,000 visitors strolling through Commissioner's Park and elsewhere from May 9-19. This weekend's sunny weather drew in 100,000 each day from Saturday to Monday. Last weekend drew close to 50,000 people per day, and more visitors happened by during the week.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

## Study finds 322 cases of RCMP corruption

**1995-2005.** Offences in newly released report include fraud, perjury and privacy leaks

An internal RCMP study found 322 incidents of corruption within the national police force over an 11-year period — including a dozen examples involving organized crime.

Improperly giving out police information was the most common type of corrupt behaviour, followed by fraud, misuse of police officer status, theft and interference with the judicial process.

The RCMP undertook the study, dubbed Project Sanction, to help identify trends with a view to developing an anti-corruption strategy.

"It was apparent that many of the incidents identified in this study were a result of poor guidance, lack of adequate supervision, or a combination of life pressures that culminated in a desperate decision," the report says.

ated in a desperate decision," the report says.

The study — covering documented cases from Jan. 1, 1995 through Dec. 31, 2005 — was completed in 2007 but only recently released to The Canadian Press under the Access to Information Act.

The RCMP says it has since adopted many of the report's recommendations, adding there is no evidence that corruption is a significant issue within its ranks.

A total of 204 regular members were involved in the 322 incidents of corruption, with the study characterizing the "nature and gravity" of the episodes as "relatively moderate."

Many cases of improperly sharing police information involved misuse of confidential details in police databanks, sometimes to family, friends or known criminals.

Twelve incidents involved organized crime and another 20 included officers dealing with known criminals.

THE CANADIAN PRESS

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## Serial sexual crimes. Arrest made in six cases dating from 2012 to 2013

A 25-year-old man faces multiple charges in connection with a string of violent sexual crimes.

Police Chief Charles Bordeleau says Yousef Hussein of Ottawa has been arrested and charged in relation to six sexual assaults over the last two years.

Police began an investigation into three alleged assaults that took place between August of 2012 and October last year.

But Hussein has also been charged in three other sexual assaults that occurred in March, June and October of last year and were not part of the initial investigation.

Hussein was scheduled to appear in court Friday.

He is charged with six counts of sex assault, three counts of overcoming resistance and two counts each of break-and-enter and committing an indecent act.

Bordeleau says investigators pulled out all the stops in trying to make an arrest.

And he commended victims for coming forward.

"Identifying and arresting the person responsible for these crimes has been a priority for the Ottawa Police Service and I want to thank the investigators for their work," Bordeleau told a news conference.

More charges could be laid as the investigation continues.

THE CANADIAN PRESS



An animal lover since she was a little girl growing up in Nepean, Malgosia Mosielski got serious about her plan for a horse hospice after being diagnosed with aplastic anemia, requiring a bone marrow transplant last year. Now that she's in good health, she says she's dedicating her personal resources to rescuing horses. CONTRIBUTED

# Unwanted horses being sent to slaughter: Vet

**Hope for equine human society.** Some people abandon horses just like dogs and cats, but only the horses end up in slaughterhouses instead of shelters

DENIS  
ARMSTRONG  
ottawa@metronews.ca

When you see as many horses as veterinarian Malgosia Mosielski sees going off to slaughter, you can't help but think there has to be a better way.

Every day, she says, about 35 horses in the capital region are slaughtered because they're ailing or aging, they've outlived their usefulness or because their owners can't afford to pay the \$500 to \$1,000 it costs every month to keep a horse healthy, fed, and stabled.

Unlike a beloved pet dog or cat, there is no humane society for an animal as large as a horse.

While most horse owners have the means to afford proper veterinary services, many do not. Those horses, Mosielski says, are fated to be abandoned in the middle of nowhere, or shot in the head — a bloody practice

that rarely goes right or as planned — or become one of the roughly 100,000 horses in Canada, and another 200,000 in the U.S., that are slaughtered every year, many of them for meat, a delicacy in Asia, Europe and Russia.

Mosielski wants to create an equine humane society, a 60-acre farm in the Ottawa valley large enough to rescue and house at least 30 horses with the \$250,000 she hopes she'll be able to raise on the Indiegogo crowdsourcing website soon.

In the meantime, she's launched her one-woman mobile vet clinic to treat

or humanely euthanize ailing horses with barbiturates when owners can't afford to do it.

"This is a big problem because there are no facilities for big animals. That doesn't leave owners with many options," said Mosielski.

"Like a dog or cat, people form emotional bonds with horses, but horses are not pets. They can be expensive and owners often expect something back from their investment. It's important to realize that they're sensitive animals that can live 25 years. They do so much for us, I want to do something for them."

1 NEWS



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# West Quebec mastiff rescue forced to find a new home

**Doghhouse.** Municipality says no requirement to notify business of bylaw



**TREVOR GREENWAY**  
trevor.greenway@metronews.ca

A dog shelter owner in west Quebec is wondering why her own municipality created a bylaw banning the very dogs she saves just four years after she opened her business.

France Turcotte had no idea the municipality of La Peche, about 30 kilometres north of Ottawa, banned mastiff dogs last year — four years after she opened Valley Mastiff Rescue in 2009.

Turcotte has saved more than 90 dogs since she opened her shelter — including many pups from the infamous Shawville puppy mill in 2012. But now, with no permit, she can't take in any more abandoned dogs and is desperately seeking a new home.



Valley Mastiff Rescue owner France Turcotte cuddles one of her dogs at her west Quebec shelter. TREVOR GREENWAY/METRO

"It's devastating," said Turcotte, who has had to turn away more than 15 dogs since the beginning of April. "The dogs

are dying because of all of this. That is not right. That is eating me alive. I know these dogs are being put down. If I am not tak-

ing them, who is?"

The region-wide bylaw was created in July 2013 and bans "dangerous dogs" including

Staffordshire terriers, American pit bulls and mastiffs and bullmastiffs. Turcotte argues that mastiffs have not been on

any dangerous or aggressive dogs list for the past 20 years.

"I would love to know who they consulted on this, how it was decided," she said. "I wasn't made aware of this. Was this told to the public, was it done in secret?"

Nobody at the municipality was able to explain why the bylaw was created, and only offered up a French version of it, but officials told Metro that the municipality is not required to reach out to businesses that could be affected by new bylaws. All they have to do is post the bylaw on their website and business owners are responsible for knowing the rules.

According to La Peche Mayor Robert Bussiere, Turcotte was never allowed to operate a shelter in the first place, as the zoning does not allow for it. He said she was given a shelter permit four years ago "by mistake."

"Shelters are not permitted all over the place, there are specific places and her property wasn't zoned for that type of shelter," he said.

## Mayor's turkey dreams sent the way of the dodo



La Peche Mayor Robert Bussiere  
TREVOR GREENWAY/METRO

The mayor of a west Quebec town has his feathers ruffled after learning the province has seized all his wild turkeys.

La Peche Mayor Robert Bussiere usually spends his spring mornings calling turkeys into his line of sight, and then pulls the trigger on the big birds. But he's hung up his gun for this season, as he says Quebec's

Ministry of Natural Resources has snatched up all his gobblers and moved them elsewhere in the province.

The long-time mayor personally brought thousands of the birds into the municipality — about 30 kilometres north of Ottawa — a decade ago so he could hunt them and others could spot them across the re-

gion. Now, it seems, his turkey dream is over.

"It's no good," said an upset Bussiere.

The turkeys were apparently causing a nuisance on nearby farmer's fields, eating up hay, oats and corn crops.

"We had invested money in that, on tourism, and what the ministry is doing is the oppos-

ite. It's killing the whole situation," said the frustrated mayor.

"It's destroying the whole Outaouais region, for turkeys."

Bussiere said he understands farmer's crop concerns, but argues that turkeys are not the only birds causing country headaches.

"It's the same thing as any other bird will do, the same

thing as any other animals will do," he said.

"Will we decide to kill all wildlife because it's having an effect?"

Bussiere said he won't give up on his dream and will approach the ministry after this year's season to see if there is a way to address his concerns.

TREVOR GREENWAY/METRO



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# ~~900~~ 800 Canadians Own Property in Ecuador!

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"Because we can!" responds William Burgel, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "With prices like that we can finally afford a property in the south."

"Prices start at \$17,000 for a lot and \$55,000 for a nice little beach house. For \$120,000 you can own a luxurious home that would easily cost \$300,000 or more in Canada."

"It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything," he adds, visibly proud of his acquisition.



One of the beautiful homes being built by HolaEcuador

But perhaps most attractive for property owners: the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the 'Mini Galapagos' island in the Machalilla National Park.

The owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

## ECUADOR?

"Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago," affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only \$1 and a daily lunch special in a seaside restaurant is rarely over \$3.



From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

## HOW TO BECOME A PROPERTY OWNER?

"It's very simple," says Mr. Rochefort. "I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador."

Goodbye snow, hello Pacific!

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## ByWard Market

Two face charges  
after gun seized  
from vehicle

Two men were arrested and a gun was seized early Monday morning after shots were fired in the ByWard Market.

Police say that they were called to the Clarence Street and George Street area after reports

of gunshots.

A vehicle was then stopped on George Street by police, who also recovered a loaded firearm.

The two men who were in the vehicle were arrested and taken into custody.

Twenty-six-year-old Mohamed Najdi and 20-year-old Ali Dia each face several weapons charges.

METRO

## 8th Line &amp; Parkway

Woman charged  
in crash that killed  
off-duty officer

A 29-year-old woman has been charged in a collision that killed an off-duty Ottawa police officer.

The officer, whom the police service has not identified, died after the crash on Nov. 17 southeast of the city on 8th Line Road near

Parkway Road.

Police say the 32-year-old officer was on his way to work when it happened.

The driver of the other vehicle and her seven-year-old child were taken to hospital, where they were treated.

Police announced on Saturday that Brandi Krystyna Edwards has been charged under the Highway Traffic Act with failing to drive in a marked lane.

THE CANADIAN PRESS

# New artistic hub opens its doors in Hintonburg



Ottawa artist Crystal Beshara opened the Studio Café, a café/studio/gallery space in Hintonburg. Kerri Weller's art hangs behind her. LUCY SCHOLEY/METRO

**Studio Café.** Spot to offer local coffee up front, and photography, jewelry, filmmaking classes in the back



LUCY SCHOLEY  
lucy.scholey@metronews.ca

It seems as if the crisp white Studio Café is simply another Ottawa hangout spot meant for relaxing with a cup of java and gazing at the art on the walls.

But wander through to the back, and there's an art workshop spot with a sink and blackboard primed for painting and photography classes. Another smaller studio space is tucked into the back with a farm door from Stittsville separating the two.

That flow from a café/gallery to workshop/studio is just what Crystal Beshara dreamed up years ago. The Hintonburg hub at 1089 Somerset St. W. is a space where artists can work, teach and sell their paintings.

"This concept is new for

Ottawa, but it's an old concept," she explains. "People call it the 'third place' — your home being your first place, your work being your second place and then this other space that is soul-nurturing."

The Studio Café seems to bust through the notion that painting is a solitary career and galleries are cold, austere environments. White walls are softened with a mishmash of custom-made wood furniture and collectors' items.

Photography, jewelry and filmmaking will be among the classes offered in the space out back. The idea is that participants can grab a cup of locally roasted Happy Goat coffee in the café afterwards.

Beshara is also hoping to add sandwiches and wine to the menu and host book readings and artist seminars.

Beshara is trying to raise money to cover the renovation costs, but she's only a third through her \$15,000 fundraising goal on Indiegogo.

For more information on her café and rental costs, visit thestudiocafe.ca.



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Actor and musician Dan Aykroyd serves as MC at Eric Clapton's Crossroads Guitar Festival 2013 at Madison Square Garden in New York City in April 2013.  
EVAN AGOSTINI/INVISION FOR HARD ROCK INTERNATIONAL/AP IMAGES

# Blues Brother coming home

**Dan Aykroyd.** Comedy legend talks about Ottawa Little Theatre, Ghostbusters and the roots of his success



**TREVOR GREENWAY**  
trevor.greenway@metronews.ca

Dan Aykroyd says if he never strolled into Ottawa Little Theatre's improv class when he was 12-years-old, he likely wouldn't have become such good buddies with guys like John Candy, John Belushi and Bill Murray.

The Hollywood star wouldn't have acted in such blockbusters as Ghostbusters, My Girl and Driving Miss Daisy and wouldn't have had the incredible run he did on Saturday Night Live alongside greats like Gilda Radner and Steve Martin.

"I don't think I would have gone into show business at all had I not taken the Ottawa Little Theatre classes," Aykroyd told Metro ahead of his Ottawa visit July 6 where he will spend a day at the theatre chatting with the city's next generation of actors.

"I would have finished my criminology degree at Carleton and would have probably gone into correctional services."

Although Aykroyd has

had a career most actors can only dream of, he has never lost sight of where he came from or where he learned his craft.

That's why he's heading back to the capital and straight for the Ottawa Little Theatre to thank the studio for launching him onto such a successful career path.

"Basically, I have never left behind the training that Ottawa Little Theatre gave me," said Aykroyd, who grew up in Ottawa. "Improv teaches you how to write on your feet, so right to this day in my career, that training remains alive in me. So I recognize it, so I am grateful, but I think what is more important is to draw attention to the institution for the next generation that is out there. To let people in Ottawa know that there is a place to see good theatre, that there is a community of actors, writers, producers, designers, set decorators, carpenters, musicians that one can be a part of to realize an artistic gift."

Aykroyd couldn't add to the swirling rumours of a Ghostbusters III movie on the horizon, but he did say there is a script out there somewhere. If he had the power, he said, he would have made the third Ghostbusters movie two years ago.

Tickets are on sale now for \$45 for An Afternoon with Dan Aykroyd at ottawalittletheatre.com.

## Bicycles and beer

### New microbrewery concept en route for Ottawa cyclists

Sipping suds and riding a bike might seem like a tippy way to get around, but a new microbrewery could bring that European pastime to Ottawa.

Bicycle Craft Brewery's philosophy is in line with how many cyclists across the pond travel: Pull over for a cold,

refreshing beer in the middle of a sweaty ride.

So far, there are four beers on the menu, including Velocipede IPA, a dark-but-smooth oatmeal porter, the light Belle River Blonde and the smoky Abyss Chocolate Stout. All ales will be unfiltered and brewed with local ingredients.

Husband-wife duo Fariborz and Laura Behzadi's new venture is due to open on Industrial Avenue in the late summer or early fall of this year. **LUCY SCHOLEY/METRO**



Husband-wife duo Fariborz and Laura Behzadi are opening Bicycle Craft Brewery in Ottawa this fall. CONTRIBUTED



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May 21	Palais des congrès, 50 Boul. Maisonneuve, Gatineau—Pontiac Hall
May 28	Convention Centre, 55 Colonel By, Ottawa—Room 208
May 29	Knights of Columbus Hall, 260 MacArthur Rd., Ottawa
June 3	Ramada Manoir du Casino, 75 rue Edmonton, Gatineau—Casino Royale/Salomon Room
June 4	St-Anthony Banquet Hall, 523 St-Anthony (at Preston), Ottawa
June 10	Crowne Plaza, 2 rue Montcalm, Gatineau—Salon des nations
June 11	Delta Hotel, 101 Lyon St., Ottawa—Frontenac Hall
June 16	Jean-Talon Building, 170 Tunney's Pasture, Ottawa—Jean Talon Hall

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Highway 16 near Prince George, B.C., is pictured in this 2012 photo. INSET: Lana Derrick is shown in an RCMP handout.  
JONATHAN HAYWARD/THE CANADIAN PRESS; INSET: THE CANADIAN PRESS/RCMP

## 2006 report could help with Hwy. 16

### 'Highway of Tears.'

A series of murders and disappearances of women along 800 kilometres of the route remain unsolved

Sally Gibson has been waiting nearly two decades for answers about what became of her niece, a 19-year-old forestry student from a small First Nation in northern British Columbia who vanished along the Highway of Tears.

There's the official story: Lana Derrick was out with some friends and at some point ended up in a car with two unidentified men, with whom she was last seen at a gas station along Highway 16 near Terrace in the morning of Oct. 7, 1995.

But that's just one of the many theories, rumours and guesses Gibson and her relatives have heard over the years, a painful reminder that no one — not the family, not the police — has any idea about what happened.

"We have heard so many different stories and have been told so many different things that we don't even know," said Gibson from her home in Gitanyow, the First Nations reserve where Derrick grew up.

"It isn't like Lana died and we went and buried her and the pain will go away. She totally disappeared. That's an open wound."

Derrick's disappearance

brought her family into a community of loss and despair, joining the relatives of at least 18 women and girls who disappeared or were murdered along Highway 16 and two adjacent highways.

There are the yearly walks, the memorial ceremonies, and the shared frustration that the provincial government has yet to act on dozens of recommendations to protect vulnerable women in B.C.'s north.

First Nations groups and municipal officials say the province should have acted years ago using a blueprint it already has: A 2006 report with 33 recommendations to improve transportation, discourage hitchhiking, and prevent violence against aboriginal women and girls.

That report was endorsed by a public inquiry report released in December 2012, which called for urgent action. The report was crafted by several First Nations groups after the Highway of Tears Symposium. Its first recommendation was a shuttle bus network along more than 700 kilometres of Highway 16 that runs from Prince Rupert to Prince George.

Other recommendations included education for aboriginal youth, improved health and social services in remote communities, counselling and mental health teams made up of aboriginal workers, more comprehensive victims' services, and funds to pay for it all.

Wendy Kellas, who works on the Highway of Tears issue

### Investigation

The 18 women and girls, whose deaths and disappearances are part of the RCMP's investigation, ranged in age from 12 to 25.

- The first to disappear was Gloria Moody from the Williams Lake area, who was found dead in October 1969.
- While official sources list the number of victims at 18, aboriginal leaders estimate the number could be as high as 43.
- Most victims were either found or last seen near the 800 km section of Highway 16 between Prince George and Prince Rupert in B.C.

for Carrier Sekani Family Services, wants provincial funding to examine whether any of the recommendations need to be updated.

Still, she said most of the 2006 recommendations remain relevant, including the need for better services for aboriginal women, and also for the families of the murdered and missing.

Justice Minister Suzanne Anton insists the highway is safe, pointing out that transportation options include a health shuttle for medical patients and Greyhound bus service, which was cut last year.

THE CANADIAN PRESS

## Premiers asked to look at '60s Scoop adoptions

Canada's aboriginal affairs ministers are asking the country's premiers to look at compensation, counselling and repatriation for thousands of aboriginal children adopted into white families during the so-called '60s Scoop.

The ministers met recently in Winnipeg and recommended that premiers set up a group to study the issue. The premiers are to meet in August in Prince Edward Island.

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities and raised in non-native households from the 1960s to the 1980s.

"It's an issue that's long gone unnoticed," he said. "Nobody talks about it. This is one of those issues that doesn't require a hell of a lot of thinking."

"In my case, at least I had other Indian boys and other Indian kids my age to be around," Robinson said. "In the case of these kids who were adopted out, they had nobody. They

### Time to talk

"It's common sense. It's common decency that we begin addressing this."

Manitoba's Aboriginal Affairs Minister Eric Robinson

He said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities from the 1960s to the 1980s.

were a brown face among a mass of white faces either in the United States or in foreign lands."

For Coleen Rajotte, a premiers working group would be a start. The filmmaker was taken from her Cree community in Saskatchewan when she was three months old and raised by a Manitoba family. She was lucky to be placed with a loving family, she said, but many ended up in abusive homes.

Prince Edward Island Premier Robert Ghiz, who will chair the August meeting, is also his province's aboriginal affairs minister.

"We're really not in a position to speak to this," spokesman Guy Gallant said in an email. THE CANADIAN PRESS

### '60s Scoop

- It's estimated that up to 20,000 aboriginal children were taken from their homes by child welfare services and placed with non-aboriginal families. Many consider the adoptions an extension of residential schools, which aimed to "take the Indian out of the child."
- Adoptees from the '60s Scoop have said their time for reconciliation has come and they want an apology from the feds. Aboriginal ministers recommended recently that premiers study the issue.

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# Reports: Mine officials ignored warning signs



Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the Turkish War of Independence in Ankara. BURHAN OZBILICI/THE ASSOCIATED PRESS

**High gas levels.** Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while

eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir.

THE ASSOCIATED PRESS

## Ukraine. Putin orders Russian troops deployed near border to pull back

In what could be an attempt to ease tensions with the West and avoid more sanctions, President Vladimir Putin ordered Russian troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach suggested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without

sending troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east.

Putin ordered Defence Minister Sergei Shoigu to pull back forces involved in "planned spring drills" to their home bases, the Kremlin said.

The United States and NATO said they saw no sign of a pull-out after Putin's claim of a withdrawal. THE ASSOCIATED PRESS

### Syrian conflict

#### Death toll now over 160K: Watchdog

The toll in Syria's three-year conflict has reached at least 162,402 deaths, Britain-based Syrian Observatory for Human Rights said Monday.

The crisis has uprooted

some 6.5 million people from their homes, forced 2.7 million to flee, laid waste to cities and towns alike and unleashed sectarian hatred.

Civilians comprised about a third, or 53,978, of the observatory's new toll. Those deaths include 8,607 children and 5,586 women.

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## Gay rights. Oregon judge overturns voter-approved ban on same-sex marriage

A federal judge on Monday struck down a voter-approved ban on gay marriage in the northwestern state of Oregon, calling it unconstitutional, in the latest legal victory for advocates of same-sex marriage.

U.S. District Judge Michael McShane joined judges in seven other states who have struck down gay-marriage bans this year, though appeals are underway and the issue is expected to be settled by the U.S. Supreme Court.

He said the ban constitutionally discriminates against same-sex couples and ordered Oregon not to enforce it. State officials earlier refused to defend the constitutional ban in court.

The U.S. Supreme Court last year struck down the 1996 Defence of Marriage Act, which barred the federal government from recognizing same-sex marriage. It determined the law improperly deprived gay couples of due process.

But opposition remains stiff in many places. Critics note

### Fighting for equality

Ten states have already revisited same-sex marriage issues this year.

- Idaho, Oklahoma, Virginia, Michigan, Texas, Utah and Arkansas have overturned same-sex marriage bans.
- Kentucky, Ohio and Tennessee have been ordered by judges to recognize same-sex marriages from other states.

most states still do not allow gay marriage and that in most of those that do, it was the work of courts or legislatures, not the will of the people.

Oregon state officials have said they'd be prepared to carry out same-sex marriages almost immediately, and couples lined up outside the county clerk's office in Portland in anticipation of McShane's decision.

THE ASSOCIATED PRESS



## What's 20 metres tall, 40 metres long and 90 million years old?

Pablo Puerta from the Museo Paleontológico Egidio Feruglio lies alongside a sauropod dinosaur femur in Trelew, Argentina. Scientists in Argentina have uncovered huge bones that could be from the largest dinosaur yet found, a kind of titanosaur that munched tree tops more than 90 million years ago. It's estimated the beast reached 20 metres tall, 40 metres long and weighed the equivalent of 14 or 15 adult African elephants. JOSE MARIA FARFAGLIA/THE ASSOCIATED PRESS

### Kidnapped schoolgirls

## 'Spiritual' hunters wait to aid search

Traditional hunters armed with homemade guns, poisoned spears and amulets have gathered in Nigeria in their hundreds, eager to use their skills and what they believe to be supernatural

powers to help find nearly 300 schoolgirls abducted by Islamic extremists.

About 500 hunters, some as young as 18 and some in their 80s, say they have been specially selected for their spiritual hunting skills and have been waiting for two weeks in Maiduguri, the Borno state capital and the birthplace of Boko Haram, to

get backing from the military.

With Nigeria's military accused of not doing enough to rescue the girls, the hunters demonstrated their skills to an Associated Press reporter.

Cow horn trumpets echoed eerie war cries from the screaming and chanting men as they twirled knives and swords, occasionally stabbing and cutting themselves

with no apparent harm.

The hunters claimed their magic charms prevented any blood being drawn. They also trust amulets of herbs, animal teeth and leather bracelets to protect them from bullets.

A military spokesman did not immediately respond on whether it would take advantage of the hunters' local knowledge. THE ASSOCIATED PRESS

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## Liberal party. Trudeau stands firm on pro-choice position

Liberal Leader Justin Trudeau says he is following his father's example when it comes to his position on election candidates and abortion.

In an email to supporters Monday, Trudeau offered a "personal reflection" to anyone who has concerns about his decision to turn away new candidates who are unwilling to vote pro-choice on relevant Liberal legislation.

"I had an extraordinary example in a father who had deeply, deeply held personal views that were informed by the fact that he went to church every Sunday, read the Bible regularly to us, and raised us very religiously, as Catholics," Trudeau wrote. "But at the same time my father had no problem legalizing divorce, de-



Justin Trudeau THE CANADIAN PRESS

criminalizing homosexuality, and moving in ways that recognized the basic rights of the people."

Trudeau says he shares his father's view of leadership in that regard.

"Canadians of all views are welcome within the Liberal Party of Canada. But under my leadership, incoming Liberal MPs will always vote in favour of a woman's fundamental rights," he wrote. THE CANADIAN PRESS

### Committed to the Charter

Toronto's Roman Catholic archbishop, Cardinal Thomas Collins, has written to Trudeau, urging him to allow candidates to be faithful to their

conscience. Trudeau says while he welcomes input from the prelate, his party is committed to the values laid out in the Charter of Rights and Freedoms.

# Program for mothers in prison remains in limbo



A correctional officer directs family members of inmates to the recreation yard of the Folsom Women's Facility in California. In Canada, children under age four are allowed to stay with eligible inmate mothers. RICH PEDRONCELLI/ THE ASSOCIATED PRESS

**Confusion.** Program that allows for children to stay with inmate mothers is rarely used

Canada is set to complete an expansion of women's prisons this month with new rooms designed to accommodate mothers and their babies or young children.

But there's little indication the units will mean more participants in the federal government's mother-child prison program, which is rarely used even though it remains an official policy.

"It's very unclear," said Howard Sapers, Canada's ombudsman for federal prisons.

Since 2008, only 14 children have participated at the federal level, with eight of them on a full-time basis. At the moment there are two part-time participants, Sapers said.

Under the program, children under age four are allowed to stay with eligible inmate mothers inside the prison. Children under six are allowed on a part-time basis.

Advocates for the mother-child program argue it can lead to positive outcomes for both the woman and the child, including fewer inmates committing new crimes after their release.

Some victim groups, on the other hand, have argued it grants incarcerated women a privilege they don't deserve.

The Correctional Service of Canada is adding a total of 114 minimum security beds in May to institutions in Nova Scotia, Ontario, Alberta, and British Columbia. There will be 15 new adjoining rooms off the side from the main prison area, set aside for mothers and their children, CSC spokeswoman Chantal Guerette said in an email.

THE CANADIAN PRESS

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People paddle boats down a flooded street in Obrenovac, some 30 kilometres southwest of Belgrade, Serbia, Sunday. More than 20,000 people have been forced from their homes in Serbia. DARKO VOJINOVIC/THE ASSOCIATED PRESS

## Residents evacuate towns as floods rage

**Serbia.** At least 35 people have died and tens of thousands have been forced to flee their homes

Serbia ordered the evacuation Monday of Obrenovac town and 11 others along the raging Sava River, but Bratislava Pavlovic won't budge, even as water rising six feet in an hour lapped outside her third-floor apartment.

"I grew up in this town," the 58-year-old postal worker said. "I was born and raised here."

The worst rainfall in more than a century has flooded large swathes of Bosnia and Serbia, threatening Serbia's main power plant and unleashing landslides that have swept away homes and unearthed land mines left over from the region's war, along with warning signs pin-pointing their locations.

At least 35 people have died and tens of thousands have been forced to flee their homes.

Emergency crews have so far defended the plant by building high walls of sandbags, but some of the barriers were destroyed when a powerful 9-foot-high surge of floodwater burst

through them.

Hundreds were evacuated by helicopters and buses, joining some 7,800 residents already forced from their homes since Friday.

The death toll is expected to rise as floodwaters recede after the worst rainfall since records began to be kept 120 years ago.

The floods have triggered more than 2,000 landslides in Bosnia. Aside from sweeping away homes and barns, the walls of mud and earth have carried some of the estimated 100,000 land mines left over from the region's war, along with their warning signs, to entirely new, often unknown, locations. **THE ASSOCIATED PRESS**

## U.S. man who sent poisoned letters to Obama jailed 25 years

A man who pleaded guilty to sending letters dusted with the poison ricin to U.S. President Barack Obama and other officials was sentenced Monday to 25 years in prison.

James Everett Dutschke was sentenced by Judge Sharon Aycok after telling her on May 13 that he had changed his mind about wanting to withdraw his guilty plea in the case. He also was sentenced to five years of supervised release and remains in federal custody.

Dutschke waived his right to appeal. He wasn't fined or ordered to pay restitution



U.S. marshalls lead James Everett Dutschke into the Federal Building in Aberdeen, Miss., on May 13 for what was supposed to be a sentencing hearing. THOMAS WELLS/NORTHEAST MISSISSIPPI DAILY JOURNAL/THE ASSOCIATED PRESS

since he doesn't have enough

money, federal prosecutor Chad Lamar said. Unlike last week, Dutschke said little and allowed his lawyer to do the talking, Lamar said.

The 42-year-old Mississippi resident sent the letters to Obama, Republican U.S. Sen. Roger Wicker and Mississippi judge Sadie Holland in what prosecutors have said was an elaborate plot to frame a rival, Paul Kevin Curtis. Poisoned letters addressed to Obama and Wicker were intercepted before delivery, but one letter reached Holland. She was not harmed. **THE ASSOCIATED PRESS**

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## Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

### 'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

### 'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.

- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.

- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.

- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

# A TALE OF



### Flensing

## A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Vertebrae are stacked and tagged with poker chips before transport.  
KATE ALLEN/TORSTAR NEWS SERVICE

### Big job, big tools

## Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

### 'Pudding gusher'

## Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE



blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

# A WHALE



TORSTAR NEWS SERVICE

## Samples

### Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.



A cross-section of the whale's aorta.  
KATE ALLEN/TORSTAR NEWS SERVICE

## Aging the whale

### Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Burton Lim samples spleen.  
KATE ALLEN/TORSTAR NEWS SERVICE

## Colossal cranium

### Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE



Workers get down to the skeletal remains of the whale.  
KATE ALLEN/TORSTAR NEWS SERVICE

## Evolution and conservation

### Our not-so-different kin



The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE



### Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE



## Hello! Is it me you're looking for? Feds haven't got a clue if landlines in use

The federal government has been running a massive robocall campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury Board and other big departments that allows them to ring their own office numbers to find out whether a lowly bureaucrat actually lifts the receiver at the other end.

So far, there have been



Robocalls have found at least 8,000 unused government phones.

THE CANADIAN PRESS

no answers at 8,000 desktop telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle.

The system actively monitors any outgoing calls from these suspect lines, and sends a report to Shared Services Canada alerting officials if the line is in use after all.

Documents detailing the line-cancellation project were obtained by The Canadian Press through the Access to Information Act.

THE CANADIAN PRESS

### Costly oversight

As of March 2012, there were 295,000 so-called Centrex telephone lines provided by Bell Canada to federal government departments and agencies in Ontario and Quebec, where the vast majority of public servants work.

- Shared Services Canada is working to get rid of as many of these lines as

possible, with the goal of reducing the federal telephone bill by \$28.8 million by 2015.

- An estimated 50,000 lines are to be dumped over three years by moving to Internet-based voice calls, known as voice-over-Internet protocol or VoIP.



## Thai take to the streets as unrest continues

Anti-government protesters blow whistles and show money which they will donate to their leader Suthep Thaugsuban during a march through streets in Bangkok, Thailand, Monday. Thailand's political crisis deepened last week when the Constitutional Court removed Prime Minister Yingluck Shinawatra for nepotism along with nine cabinet members in a case that many viewed as politically motivated. Protesters say Yingluck's removal is not enough, though. She was simply replaced by Niwat-tumrong, who was a deputy premier from the ruling party.

SARCHAI LALIT/THE ASSOCIATED PRESS

# Google buys into the BYOD trend

### Bring your own device.

As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Mon-

day were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive information.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide

### Leading the way

## 1 billion

With more than one billion devices worldwide powered by Android it is the world's leading mobile operating system.

also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will continue to work.

Divide, originally known as Enterproid, was founded four years ago by former

Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

The New York company has raised more than \$25 million US, including a \$12 million round led by Google's venture-capital arm. Other early investors included the venture capital divisions of smartphone chipmaker Qualcomm Inc. and Comcast Corp., the largest U.S. cable and high-speed Internet service. **THE ASSOCIATED PRESS**

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# SLEEP-HACK YOUR WAY TO SUCCESS

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for people to wear fatigue as a badge of honour. We pride ourselves on being overscheduled; excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shut-eye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six and a half hours a night lived the longest.



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

## ZOOM

### Out of the darkness ...



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

#### ... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

#### Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.

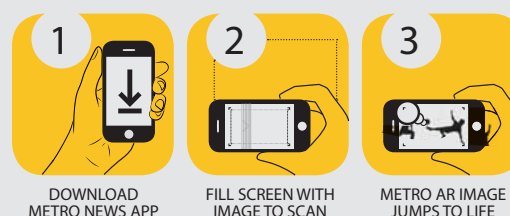
THE ASSOCIATED PRESS

#### Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

## METRO AUGMENTED REALITY

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## MetroTube

### Call of the cattle man



ANDREW FIFIELD  
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



GETTY IMAGES FILE

(Via HNHD/YouTube)





# 2 SCENE

## DVD review



### Pompeii

**Director.** Paul W.S. Anderson

**Stars.** Kit Harington, Emily Browning, Kiefer Sutherland

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking. When the time comes for Mt. Vesuvius to unleash its historical fury, Anderson and his ace Toronto tech team really go with the flow. The mayhem of the ancient city being whacked by Mother Nature (or by vengeful gods) is convincingly rendered in the film's second half, with much fire and brimstone being tossed about.

PETER HOWELL

# How to train your regular Canadian boy

**Jay Baruchel.** Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of *How to Train Your Dragon 2*, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series *Undeclared*, is best known for his comedies, including *Knocked Up* and last summer's *This Is the End*. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

**When you, your co-stars and a large model of the dragon**



Jay Baruchel is the voice of the young Viking Hiccup in *How To Train Your Dragon 2*. CONTRIBUTED

**from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...**

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.



**You've now spent some seven years on *Dragon*, with a third film planned. What's that journey been like?**

You can spend your entire career and never be part of something that's half as an important as *How to Train Your Dragon*. We all knew it

was a good movie, but I don't know if any of us expected it to be a global phenomenon.

**The hockey comedy you co-wrote, *Goon*, has a deserved cult following.**

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one.

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# Maps to the Stars wows crowds at Cannes

**Wickedly funny.**  
David Cronenberg's latest film lampoons Hollywood's narcissism

Maps to the Stars is David Cronenberg's nightmarish, hyper-real tale on vanity, greed and family dysfunction in Hollywood. But it may hit a raw nerve for some in the movie industry.

With an all-star cast, including Julianne Moore, John Cusack and Robert Pattinson, the biting tragicomedy that premiered at Cannes on Monday has critics guessing if it could produce, at long last, the veteran Canadian director's first Palme d'Or.

It's the story of Benjie Weiss, a troubled child-star brat and recovering drug addict, played with scene-stealing cruelty by Evan Bird. He's a relatively unknown 13-year-old who does not look dissimilar to a young(er) Justin Bieber.

The film explores the theme of incest. Literally, in the strange relationship Benjie



From left, actor John Cusack, actress Julianne Moore and director David Cronenberg pose for photographers at the 67th Cannes international film festival in Cannes, southern France, Monday, May 19, 2014. ALASTAIR GRANT/THE ASSOCIATED PRESS

develops with his disfigured sister Agatha, played by Mia Wasikowska; but also metaphorically: in this suffocating Cronenbergian vision of Tinseltown, every star in the movie constellation is linked together, inbred, and not even the dark-

est secret can remain hidden for long.

Moore is brilliant as the hysterical Havana Segrand, a desperate 40-something actress who lives in the shadow of her forever-young Hollywood icon mother and sleeps with direc-

tors to stay in the game.

Carrie Fisher (daughter of icon Debbie Reynolds) plays herself in a cameo as Segrand's friend, while self-reflexive insider references to Scientology memberships boosting career fortune, Robert Downey Jr.'s

## Quoted

**"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there."**

John Cusack, actor on the world portrayed in David Cronenberg's Maps to the Stars

drug-taking past, or actors manipulating their public image by going on Oprah crop up all over.

However, Moore dodged questions about this film mirroring nasty industry realities and wouldn't speak ill of Hollywood — despite her character's obvious message.

"I love the movie business. I'm not here to disparage it," she said.

Cronenberg added with a smirk: "There's nothing repulsive in the movie business. It's all fabulous."

Can it be that it's still ta-

boo to speak publicly about the movie industry's dark side?

Only John Cusack, who plays a deranged self-help TV guru father, hinted that this neurosis-ridden, dysfunctional image of movie-making was an accurate portrayal.

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there," he said.

But above all, this picture, a laugh-out-loud orgy of narcissism, is Cronenberg's funniest to date.

Moore steals the film in a brilliantly macabre scene in which her character jumps up and down in happiness on news that a lead actress's son has died tragically in a swimming pool, opening up a vacancy for her to replace the distraught actress as the film's lead.

It had audiences laughing hysterically out of shock, and was the funniest, if darkest, seen in Cannes so far.

THE ASSOCIATED PRESS

## Typecast. Is Robert Pattinson becoming the go-to for steamy scenes in limousines?

Robert Pattinson is making quite a surprising reputation for himself — as the actor who has sex in cars on film.

The star plays Jerome, a chauffeur and would-be actor, in David Cronenberg's latest film Maps to the Stars. In it, he has a romp with Julianne Moore's desperate character in a car.

And it comes just two years after he filmed a sex scene with the 50-year-old Juliette Binoche in a limousine in Cronenberg's last film Cosmopolis.

Quizzed by journalists on the dubious habit, he rated the respective performance of his co-stars.

"Both (are) like 7s. I'm joking ... Obviously Julianne. It was a wonderful experience. It was extremely sweaty," he said.

"It's sublime," retorted Moore, 53.

As for Cronenberg, he said the reason why he's included automotive sex scenes in his films is simple — it happens.

"There's an entire generation of Americans who have been spawned in the backseat of 1974 Fords. It's not like I invented sex in



Actor Robert Pattinson poses for a photo in Cannes, Sunday, May 18, 2014. ARTHUR MOLA/INVISION/THE ASSOCIATED PRESS

cars. You have to remember that that part of the sexual revolution came about because of the automobile, because of the fact that young people could get away from their parents, from being supervised, and

that was freedom," he said. "So I don't think I'm breaking any new territory when there's a scene of people having sex in cars. I mean why wouldn't you? I mean, there are so many great cars around." THE ASSOCIATED PRESS

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George Clooney directed, wrote, co-produced and starred in *The Monuments Men*. SONY PICTURES

# MONUMENTAL INSPIRATION

A Hollywood film about a heroic art rescue mission during the Second World War has a Toronto link because the American conservator the movie is based on worked at the Royal Ontario Museum before leading his platoon on a secret operation overseas.

The movie, *The Monuments Men*, stars George Clooney, whose character is inspired by George Stout, one of the leading 20th-century figures in the field of conservation. The Harvard professor's influential restoration techniques were brought to the ROM in the summer of 1933 when he worked on an important Chinese mural that still hangs in



Lt. George Stout, U.S. First Army and U.S. Twelfth Army Group.

WALKER HANCOCK COLLECTION

## THE EUROPEAN WAR THEATRE

Initially in the mission of the Monuments Men, George Stout was the only conservator and had to train the others — mainly art museum professionals — to properly document, pack, store and transport the recovered artworks in the European war theatre. In one instance, Stout had so few packing materials that he had to use Belgian lace to pad a valuable sculpture.

the museum today. Stout was later selected to assemble an expert team of conservators, curators and art historians that would risk their lives during the Second World War in an effort to save art and artifacts from Nazi hands.

*The Monuments Men* was released in theatres in February and is soon to be available in DVD/Blu-ray.

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— Lou Lumenick, NY POST

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The ROM's seven conservators are part of an exclusive profession with an estimated few hundred in existence across the country. They all watched the film with a unique and rarefied perspective, even cheering in one scene when Clooney dusts off a work of art.

"These are the types of things we get excited about," says Heidi Sobol, the ROM's senior conservator of paintings. "Our profession is rarely highlighted because there is so few of us proportionally in society. It's nice to see not only a movie about the types of things we do in our profession, but also referenced in such a monumental and noble pursuit. To have George Clooney play one of our most notable conservators was quite exhilarating."

Clooney directed, wrote and co-produced the movie, which is based on Robert M. Edsel's book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History*.

Stout made his way to the ROM in the summer of 1933 after former ROM director Charles Trick Currelly asked him to work on *The Paradise of Maitreya*, a 13th-century wall painting that is still in the museum's Bishop White Gallery of Chinese Temple Art. The mural had arrived at the ROM from China in 1928 in pieces — 63 to be exact — thanks to monks who carved it out of China's Xinghua Si Temple wall in an attempt to protect it from invading armies in the village of Xiaoning in Shanxi province. The mural is about five metres by 11 metres and depicts the Buddha Maitreya giving a sermon in an imagined heaven.



SONY PICTURES

"He was very conscientious about restoring the mural in a way that would make it treatable again, which is one of basic tenets of conservation," Sobol says.

Known as a responsible conservator, Stout and his contemporaries advanced the field of conservation during the 1930s, '40s and '50s, helping build the profession's profile. Up until then the prevalence of scientific methodology in conservation had been limited and the profession was approached more as

a craft that you learned through an apprenticeship. But Stout approached conservation from a more scientific point of view, emphasizing the analysis of the artwork as well as its documentation.

"Our field of restoration and conservation really took off in the mid part of the century and a lot of that is owing to George Stout and all his colleagues at Harvard and the Fogg Museum. They put out some very important publications we still reference today."



Monuments Men George Stout, left, Walker Hancock, centre right, and Steven Kovalyak, right, during the excavation of Bernterode. The soldier standing between Stout and Hancock is Sgt. Travers. WALKER HANCOCK COLLECTION

## EDUCATIONAL PURPOSES

From the ROM correspondence archives, George Stout alludes to the issue of Prohibition in the U.S. In advance of his trip to the ROM, he was assembling materials and supplies, including the solvent ethyl alcohol. This solvent is also known as ethanol, which is used to make alcoholic beverages. "In spite of our national prohibition on spirits, we are able to buy it at wholesale price for scientific and educational purposes," Stout wrote.

# "A FUN AND ADDICTIVE ADVENTURE. A COMPELLING UNTOLD STORY."

— Peter Travers, ROLLING STONE

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# Kevin Nealon blends comedy and acting

**From stage to screen.** Comedian is glad he was convinced to give acting a go



**RICHARD  
CROUSE**  
scene@metronews.ca

People in the Niagara Falls area have two chances to see Kevin Nealon next week. He'll be on the big screen co-starring with Adam Sandler and Drew Barrymore in *Blended*, or for a more up-close-and-personal look, they can check him out on stage at the Fallsview Casino Resort on May 24.

Best known for his nine-year stint as part of the ensemble cast of *Saturday Night Live* where he introduced audiences to characters like Subliminal Message Man, the muscle-bound Austrian jock Franz and Mr. No Depth Perception, he was encouraged to make people laugh at an early age by watching com-

ics on television.

"I loved stand-up growing up," he says. "I used to follow all the stand-ups on TV. I'd highlight when they were going to be on in the TV Guide. Ultimately I decided that would be a great job because I liked telling jokes and I felt kind of an ease with it."

While honing his craft

at legendary Los Angeles comedy club The Improvisation — "I pretty much lived there," he says — he was encouraged to try acting.

"One of the co-owners said to me, 'You ought to take acting lessons because one day a casting agent will come into the back of the room, see you and want you to read for their show.' I had (considered acting) but was embarrassed to say so. I didn't have any training or anything, so I took acting classes."

These days he's a SAG Award ensemble nominee for his work on *Weeds*, and can be heard doing voice-work for shows like *American Dad*, but his early performances weren't always so high-profile.

"There was a commercial I did that didn't require a lot of acting. It was for Nabisco Country Crackers with (country singer) Lynn Anderson. I just had to play the banjo next to her while she fed me crackers. I remember Jay Leno saying,

'Yeah, saw your commercial. Good for you.' Then a week later they found copper dust particles in the crackers and had to recall them all so they took the commercial off the air."

The family comedy *Blended* is his latest outing with Adam Sandler, whom he has previously appeared with in *Little Nicky*, *Anger Management* and *You Don't Mess with the Zohan*, among others.

"Usually you're on board if he's doing something," Nealon says of his frequent collaborator. "There was one movie I wasn't quite sure if I wanted to be a part of. It was called *Grandma's Boy*. It was so low-ball and crass. I thought it might be a little embarrassing to be in that one. So I told Sandler I'd probably pass on it and he called me and said, 'I really hope you do this because if you don't do it and it's a big hit I'll feel bad, but if you do it and it's not a big hit, no one is going to see it anyway.' So I said, 'All right, I'll do it.'"



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Kevin Nealon stars in *Blended*, which opens in theatres across Canada next Friday. CONTRIBUTED





Deryck Whibley ALL PHOTOS GETTY IMAGES

## Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of him in the hospital. "I was drinking hard

every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

Lavigne herself has taken to Twitter to voice her support, posting, "I am so proud of him. He is family to me and always will be."



Heidi Klum

## For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did

everything for the children. He says Heidi is a lovely person, but he had to do what was right for him. He's really sad."

But a hefty financial send-off from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



## Solange, Solange, will we ever know?



STARGAZING  
Malene Arpe  
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Rumour has it Selena Gomez, while shooting a commercial in New York, asked crew members

named Justin to change their name for the day so as not to be reminded of her ex. Unfortunately for Selena, one of the grips agreed and opted to call himself Baggy pants von Torso-flasher III.

Jennifer Esposito refers to ex-husband Bradley Cooper as mean, cold, arrogant, cocky and a master manipulator in her new book. She then gets upset that this is what the media focuses on rather than her battle with celiac disease.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."

The pope says he would baptize aliens if they asked him to do so. Tilda Swinton, Lady Gaga and Karl Lagerfeld hiss their excitement and go back to work on their experiments.

Justin Timberlake says "when you look at me, you should understand that I am America." That explains why his hair was just burned in effigy and Britney Spears re-ignited the Cold War.



Mick Jagger

## Mick Jagger is now a great-grandfather, but don't call him old

As improbable as it sounds, Rolling Stones frontman Mick Jagger is officially a great-grandfather, as his 21-year-old granddaughter, Assisi Jackson, gave birth to a girl earlier this month, according to Hello magazine.

"I imagine it's nice to be a great-granddad, although I'm not sure he likes the idea of getting old or being called one," Assisi previously told the magazine. "I call him Mick. I wouldn't start calling him Grandpa."

This also means that Jagger's daughter, Jade Jagger, is now a grandmother — despite the fact that she's expecting a baby herself next month. "The women in our family just tend to have children young; it runs in the genes," says Assisi, who was born when her mom was around the same age.

"I wouldn't have considered having a child if I was doing what my friends are doing at this stage. I don't drink, I don't smoke and I'm very settled."

## Prince Bieber laps up attention from Paris

While partying away in Cannes, Justin Bieber has made an interesting new friend. Paris Hilton was spotted getting cozy with the shirtless pop star at Busta Rhymes' birthday party, hopping in his lap while he sat on a throne, according to E! News.

Bieber was also reportedly acting "wobbly" and tossing ice into the crowd at one point. The two notorious pop culture figures seemed plenty cosy before exiting the club together.



Paris Hilton

## Meladul Haq Ahmadzai

is a Nominated Councillor in Gloucester – Southgate Ward 10



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Greenboro Community Centre, 363 Lorry Greenberg Dr.



# Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill.

Anne Alexander, author of *The Sugar Smart Diet*, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



## It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

## It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



## Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

## It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.



## It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."



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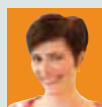
Register at [SpringSprint.ca](http://SpringSprint.ca)



# Bit of honey makes squid yummy

## Health Solutions

### Calamari gets a sizzling makeover



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are

"cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**Red Rice Bowl with Buttered Calamari.** The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

**THERESA ALBERT**  
myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

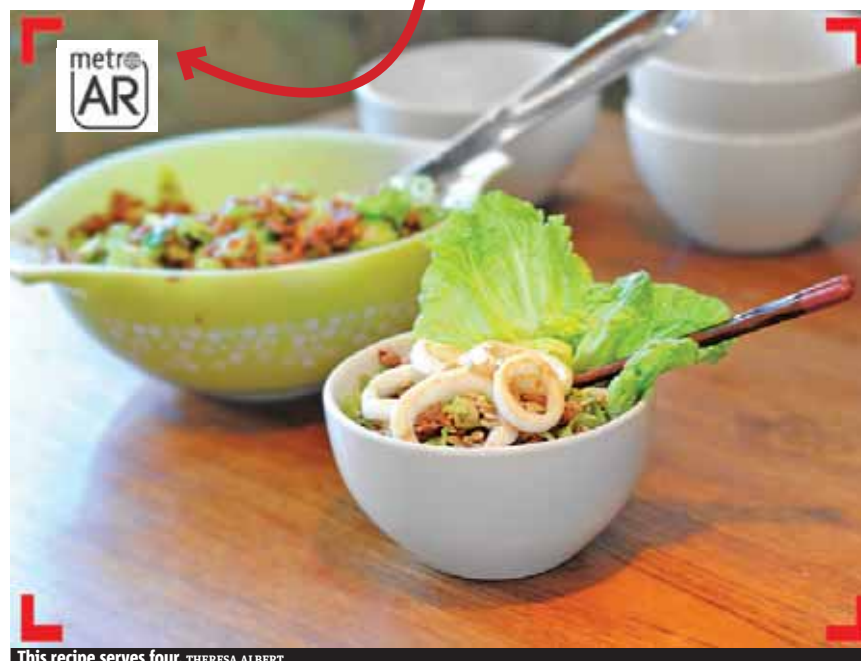
This recipe uses red rice or brown basmati.

Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

1. Remove calamari rings from freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20-25 minutes while you prepare dressing and calamari.

3. Mix together ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tbsp to



This recipe serves four. THERESA ALBERT

## Ingredients

- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)
- Dressing**
- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp dried sumac or lemon peel
- 1 clove garlic, minced
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
- 1 tbsp butter
- 1 clove garlic

drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir

in all but 2 tbsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir

## FLASH FOOD



From your fridge to your table in 30 minutes or less

in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Crab and shrimp play together nicely in dish

If you find fresh peas at the farmer's market, by all means scoop them up. But keep in mind that the sugar in fresh peas starts turning to starch the minute they're harvested, so be sure to bring them home, shell them and boil them right away.

1. Heat the oven to 300 F.

2. In food processor, pulse shrimp until finely chopped, but not reduced to paste.

3. Transfer the chopped shrimp to a medium bowl and add the egg and egg yolk, peas, scallions, 2/3 cup of the panko, the mayonnaise, tarragon, 1/2 teaspoon of salt and 1/4 tea-

spoon of pepper. Stir well, then gently fold in the crabmeat.

4. Divide the mixture into 8 portions, shaping each into a

patty. Coat the patties with the remaining panko.

5. In a large, nonstick skillet over medium-high, heat 1

tablespoon of the oil. Reduce the heat to medium, then add 4 of the patties and cook until golden, about 4 minutes per side. Transfer patties to rimmed baking sheet and place them in the oven to keep warm. Repeat with the remaining patties, using the remaining 1 tablespoon of oil in the skillet.

6. Meanwhile, in a small bowl whisk together the sour cream, radishes and horseradish. Season with salt and pepper.

7. To serve, arrange 2 patties per plate and top with the radish sauce. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

## Ingredients

- 1/2 lb peeled and deveined cooked shrimp
- 1 large egg, plus 1 egg yolk
- 1 cup cooked English peas or thawed frozen peas
- 1/2 cup finely chopped scallions
- 1 2/3 cups panko bread crumbs, divided
- 1/4 cup light mayonnaise
- 1 to 2 tbsp chopped fresh tarragon, or to taste
- Kosher salt and ground black pepper
- 1/2 lb lump crabmeat, picked over for any shells
- 2 tbsp vegetable oil, divided
- 1/4 cup plus 2 tbsp light sour cream
- 1 cup coarsely shredded red radishes
- 1 tbsp bottled horseradish (do not drain)



# Chicago's defence shows its teeth

## NHL playoffs.

Defending Stanley Cup champs a tough nut to crack even for the powerful L.A. Kings

Sure, the Chicago Blackhawks have no shortage of skilled forwards with a history of clutch goals.

Scoring against the defending champions isn't easy, either.

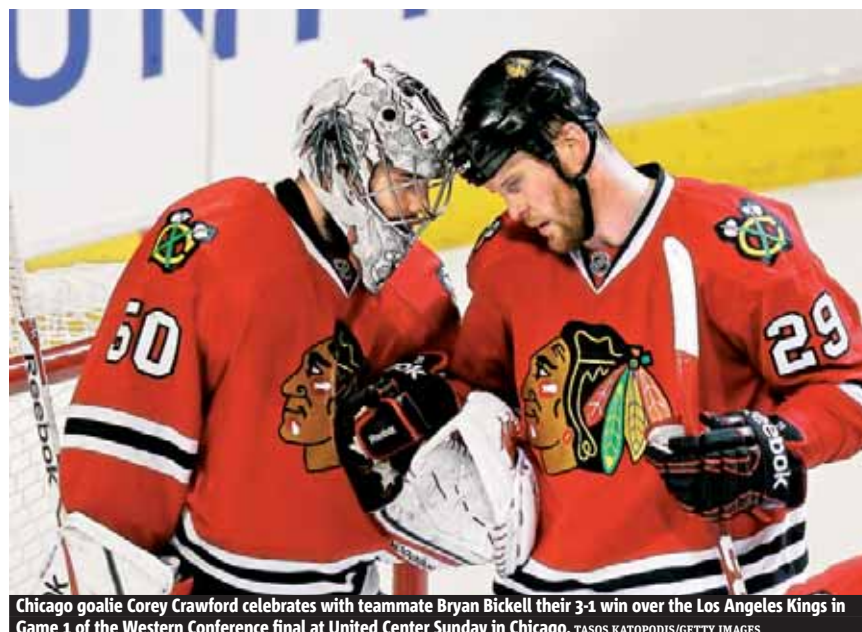
The Los Angeles Kings found out just how difficult it can be during Sunday's 3-1 loss in Game 1 of the Western Conference final, whether they were being stopped by goalie Corey Crawford or one of his teammates. The best-of-seven series continues Wednesday in Chicago.

"We had a lot of good opportunities," Kings coach Darryl Sutter said Monday. "I think you have to give Crawford a lot of credit."

Crawford continued his strong post-season play with 25 saves in Chicago's third consecutive win. He has allowed three goals during the win streak, and his 1.90 goals-against average and .933 save percentage in the playoffs leads the NHL.

But it isn't just the guy in net. Others are stepping up for the Blackhawks.

The Blackhawks shut down the Kings' top line of Dustin Brown, Anze Kopitar and Mar-



Chicago goalie Corey Crawford celebrates with teammate Bryan Bickell their 3-1 win over the Los Angeles Kings in Game 1 of the Western Conference final at United Center Sunday in Chicago. TASOS KATOPODIS/GETTY IMAGES

ian Gaborik, who came in with 16 goals and 24 assists in 14 playoff games.

Kopitar entered the series with five goals and 14 assists, while Gaborik has a playoff-best nine goals. But they had little effect on Sunday's game.

The Blackhawks had Jonathan Toews' line matched against them on even-strength shifts until the final minute, and all those three could muster was a combined six shots.

Kopitar and Toews are finalists for this year's Selke

Trophy, given to the NHL's best defensive forward. Toews won the award last year. Marian Hossa, who plays on the same line as Toews, also is one of the league's best defensive forwards.

Toews came through with a big goal in the third period after having one disallowed earlier in the game. Hossa had two assists, and the Blackhawks improved to 7-0 at home in the post-season this year.

"They've got top players,

top scorers, on their first line," Hossa said. "You want to make sure you know where they are on the ice. In Game 1, I thought we did a pretty good job. They still had some chances, but (Crawford) was great for us."

Crawford had several neat stops after Los Angeles tied it at 1 early in the second, denying Kyle Clifford on a 2-on-1 rush and stopping Gaborik and Brown in rapid succession midway through the period.

THE ASSOCIATED PRESS

## NHL

### Blues re-sign Elliott, part with Ryan Miller

The St. Louis Blues have re-signed goalie Brian Elliott to a three-year contract and will not pursue a new deal with Ryan Miller.

General manager Doug Armstrong said Monday the team took a calculated risk acquiring Miller from Buffalo, hoping he could lead the franchise to its first Stanley Cup. But the Blues were eliminated in the first round of the playoffs.

THE ASSOCIATED PRESS

## NHL playoffs

### Price out for the series

Without Carey Price, the run for a first Stanley Cup in 21 years got steeper and longer for the Canadiens.

Coach Michel Therrien looked grim and even angry as he delivered the news Monday morning that the goaltender who backstopped Canada to gold at the Sochi Olympics will miss the rest of the NHL Eastern Conference final.

"Carey Price won't be able to play, not only for tonight but for the rest of the series," said Therrien. "Really disappointed. He's our best player."

THE CANADIAN PRESS

## On the web

Go to [metronews.ca](http://metronews.ca) for the result of Game 2 of the Eastern Conference final.



# Expect 'a little more' from LeBron in Game 2

LeBron James is ready to help the Miami Heat get even against the Indiana Pacers.

After spending Sunday night and Monday morning sifting through Sunday's Game 1 loss, the Heat are ready to start over in Game 2 on Tuesday night.

Starting with James.

"My approach is the same every game: Try to put pressure on the defence, try to get to the free-throw line to help us win," James said. "I got to the rim, I got my shots going, but I've got to do a little more, too."

While Heat coach Erik Spoelstra acknowledged the tape was every bit as bad as

## Invincible?

# 39

The Heat haven't lost back-to-back playoff games since the 2012 conference finals, a total of 39 post-season games. The Pacers could break that streak on Tuesday.

it looked in person, he didn't drop any hints about what might change.

To the Pacers, that means one thing: Expect James to do even more than he usually does. Nobody understands that better than Paul George.

Over the past two years, these teams have met 15 times, with George usually drawing the seemingly impossible task of defending James.

He's seen it up close — as James got past him for the winning shot in Game 1 of last year's conference finals — and from afar, such as last week when James almost single-handedly sent Miami past Brooklyn with 49 points in Game 4.

"He (James) will shoulder everything. I think he's going to be much more aggressive with the ball," George said.

THE ASSOCIATED PRESS



## In Pontiac, a clunker rusts

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and its innards dark and mould-covered. The current owner's determined to cash in, putting everything inside up for auction starting on Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS

Scan the image with your Metro News app to see more images of the ghost stadium in Michigan.



## Horoscopes

### ♈ Aries

March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

### ♉ Taurus

April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

### ♊ Gemini

May 22 - June 21

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

### ♋ Cancer

June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

### ♌ Leo

July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

### ♍ Virgo

Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

### ♎ Libra

Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

### ♏ Scorpio

Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

### ♐ Sagittarius

Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

### ♑ Capricorn

Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

### ♒ Aquarius

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

### ♓ Pisces

Feb. 20 - March 20

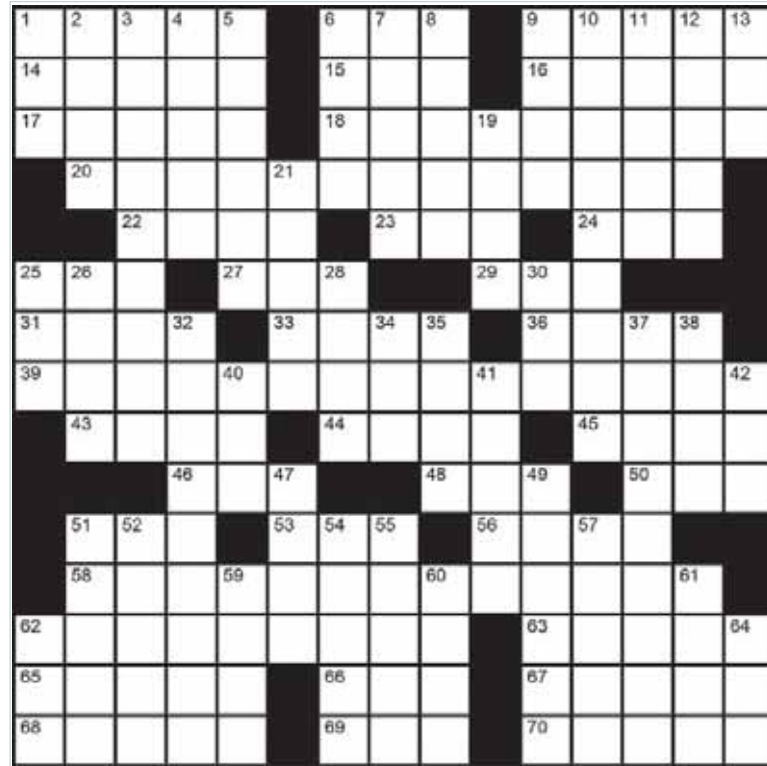
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- The \_\_, ("Cherish" '60s band, briefly)
- Sports: Patriots' gr.
- Actor Mr. Griffin
- Bing Crosby's "\_\_\_-Loo-Ra-Loo-Ral"
- Philosopher, \_\_\_-tzu
- Hokey
- Heroism [var. sp.]
- Swiss \_\_\_
- Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
- Katy Perry hit
- Freelancer's encl.
- "Cold Mountain" (2003) role
- Hawaiian fish
- Fleur-de-quoi?
- QC city
- Tart
- Three-\_\_\_ sloth
- Belonging to an '80s TV alien
- Servings from Mommy's kitchen: 3 wds.
- Letters beside GHJKL
- "Finding \_\_\_" (2003)
- 2010 Ringo Starr album: "\_\_\_"
- Radio setting [abbr.]
- Gremlin
- Flames, on scoreboards
- Whale sort



- Muesli tidbit
- Carefree
- Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
- New York's famed

- artsy school
- High nest, vari- antly
- Play part, \_\_\_
- Mr. Chaney
- "I \_\_\_ break!"
- 2003 to 2004 sitcom, "Oliver \_\_\_"

- Singer Salonga
- Wooden
- Four-wheeler, e.g.
- Cleanser
- Glassy/sunny exten- sions
- Storm aka \_\_\_ Mun-

- roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
- Felix \_\_, Canadian electronica producer
- Jai \_\_
- Barn locales
- Cage the Elephant's

- "\_\_\_ Little Closer"
- Designer, Marc \_\_\_
- Toronto's DVP = \_\_\_ Parkway
- \_\_\_ fruit
- Prefix with 'red'
- Behold
- Space: Primordial matter
- "\_\_\_ calm down." (Breeeathe)
- Strong wood
- Q. "Is '\_\_\_' sound owls make?" A. "Indeed."
- Shortly
- Cap
- Canadian movie for Samuel L. Jackson, "The \_\_\_" (1998)
- Barely get by
- Ms. Moore
- Footloose's friend
- Plod wearily along
- Money exec
- Like some sports stadiums
- Pen
- CCR tune
- "The \_\_\_ Trap" (1998)
- Certain condiment
- Internet-sent invitation
- Beatles' "Any Time \_\_\_"
- Pang
- British singer Leo
- Nastase of tennis
- Dame Everage link
- Neap \_\_\_
- Critical comment
- "Euclid" suffix

## Friday's Crossword

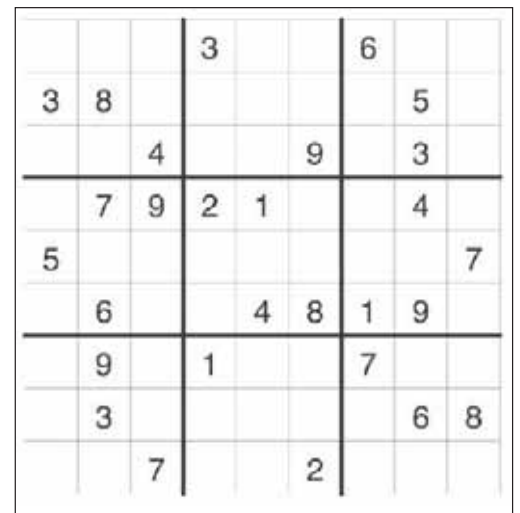


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



Today



22°/10°  
Mainly sunny

Wednesday



20°/12°  
Showers  
40%

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

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**0 DOWN  
SIGN  
AND GO!**  
(OAC)

# SPRING BLOWOUT SALE!



## 2013 Hyundai Genesis 3.8

V6 cyl • Leather  
\$26,890  
26,890 km • Auto  
Stk: # 35626

**\$97 weekly**

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## 2012 Toyota Avalon XLS

3.5L V6 cyl  
\$25,880  
24,473 km • Auto  
Stk: # 34457 USA

**\$107 weekly**

## 2011 Chevrolet Impala LS

\$10,940 • 87,911 km • Stk: # 35766



**\$45 weekly**

## 2010 Dodge Charger SXT

\$12,650 • 88,479 km • Stk: # 35189



**\$61 weekly**

## 2012 Fiat 500 Pop

\$11,760 • 64,825 km • Stk: # N14289-A



**\$48 weekly**

## 2012 Ford Fusion SEL

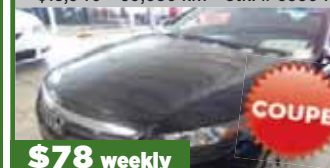
\$14,950 • 57,699 km • Stk: # 35728



**\$62 weekly**

## 2012 Honda Accord EX

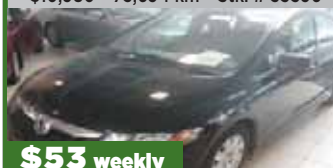
\$18,940 • 59,686 km • Stk: # 35564



**\$78 weekly**

## 2010 Honda Civic

\$10,980 • 73,694 km • Stk: # 35596



**\$53 weekly**

## 2008 Honda Civic HYBRID

\$10,970 • 99,188 km • Stk: # 34118



**\$65 weekly**

## 2011 Honda Odyssey LX

\$22,480 • 62,145 km • Stk: # 34923



**\$93 weekly**

## 2013 Hyundai Accent

\$13,913 • 18,913 km • Stk: # 35413



**\$50 weekly**

## 2013 Hyundai Elantra GT

\$15,970 • 37,491 km • Stk: # 35477



**\$57 weekly**

## 2011 Hyundai Sonata

\$13,720 • 74,881 km • Stk: # 35355



**\$56 weekly**

## 2010 Chevrolet Cobalt LS

\$7,820 • 37,871 km • Stk: # 35792



**\$38 weekly**

## 2012 Chevrolet Malibu LS

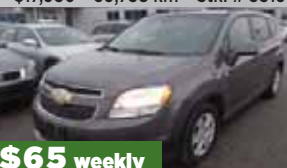
\$12,830 • 68,729 km • Stk: # 35196



**\$53 weekly**

## 2013 Chevrolet Orlando LT

\$17,950 • 39,758 km • Stk: # 35196



**\$65 weekly**

## 2010 Mini Cooper CLUBMAN

\$14,970 • 87,050 km • Stk: # 35294



**\$73 weekly**

## 2013 Ford Escape ECOBOOST

\$25,940 • 38,037 km • Stk: # 34877



**\$107 weekly**

## 2010 Hyundai Genesis 2.0T

\$14,640 • 95,917 km • Stk: # 35549



**\$71 weekly**

## 2012 Volkswagen Jetta

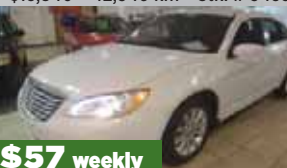
\$13,980 • 41,945 km • Stk: # 35375



**\$58 weekly**

## 2012 Chrysler 200 TOURING

\$13,840 • 42,546 km • Stk: # 34333



**\$57 weekly**

## 2013 Dodge Charger SE

\$20,890 • 38,280 km • Stk: # 35253



**\$75 weekly**

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